

## John's bedtime story

In John's bedtime story, John learns that getting a good night's sleep is really important. Without enough sleep, John didn't get to do some of the things she wanted to do and felt really tired and grumpy. How can you get the best? A bedtime box could help!

### You will need

- a cardboard box or shoebox
- scissors
- things to decorate with (e.g. wrapping paper, stickers, felt tip pens, paint)
- something to write with (like a ballpoint pen or sticky label)



## John's bedtime story

### Instructions

- 1 Decorate your box with your chosen materials. Try to use colours that you find relaxing – you could try making patterns, such as waves, for fibres you've used. Pick the lid and fix something so you can open and close the box!
- 2 Colour in the bedtime box label (included in the booklet) and add your name. You could also colour some pictures included in the pack and stick them on your bedtime box.
- 3 Label the box today!
- 4 While you are waiting for your box to dry, decide how you would like to use your bedtime box.

If you want some more playtime before bed, the John and Jane bedtime box could be a collection of activities that you can play with your family (like games), reading, colouring pages or books that you like to read.

You might feel too excited to sleep. We often talk about thinking about the dinner table at nursery. Your bedtime box could include some relaxing activities, like these breathing techniques for children with. Put your feet under right to part of your bedtime routine to help you relax down and get ready for a good night's rest.



ink saving Eco

# Bed Time Box Uk

**Scott C. Dulebohn**



**Bed Time Box Uk:**

## The Enigmatic Realm of **Bed Time Box Uk**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Bed Time Box Uk** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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